



Beet, Jicama, and Watercress Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 pounds beets with tops
- 0.5 teaspoon pepper black divided freshly ground
- 2.5 cups jicama diced peeled ()
- 1 teaspoon olive oil extra-virgin
- 0.3 cup orange juice fresh
- 0.3 cup onion red thinly sliced
- 0.3 teaspoon salt divided
- 0.3 cup tangerine sections

- 2 cups watercress trimmed
- 5 teaspoons balsamic vinegar white divided

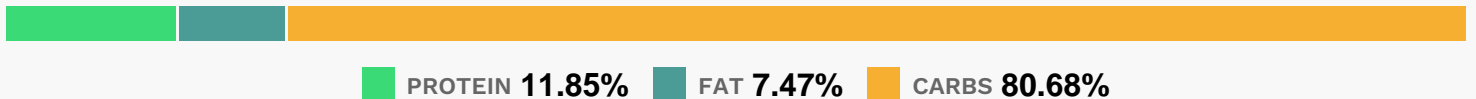
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 42
- Leave root and 1 inch stem on beets; scrub with a brush. Wrap each beet in foil.
- Place on a baking sheet.
- Bake at 425 for 45 minutes or until tender. Cool. Trim off roots and stems; rub off skin.
- Cut beets into 1/2-inch slices.
- Cut each slice into quarters.
- Combine beets, 1 teaspoon vinegar, oil, 1/4 teaspoon pepper, and 1/8 teaspoon salt.
- Combine 4 teaspoons vinegar, 1/8 teaspoon salt, 1/4 teaspoon pepper, onion, and juice; let stand 30 minutes. Stir in jicama and tangerine.
- Arrange 1/2 cup watercress on each of 4 plates. Mound 3/4 cup beet mixture in center of each plate. Arrange 3/4 cup jicama mixture around beets.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:78.5, Glycemic Load:15.23, Inflammation Score:-9, Nutrition Score:20.951738958773%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg, Hesperetin: 3.14mg Naringenin: 1.96mg, Naringenin: 1.96mg, Naringenin: 1.96mg

Naringenin: 1.96mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Luteolin: 1.06mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Kaempferol: 4mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg, Quercetin: 8.21mg

Nutrients (% of daily need)

Calories: 190.54kcal (9.53%), Fat: 1.67g (2.58%), Saturated Fat: 0.26g (1.6%), Carbohydrates: 40.73g (13.58%), Net Carbohydrates: 28.11g (10.22%), Sugar: 25.19g (27.99%), Cholesterol: 0mg (0%), Sodium: 379.21mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.97%), Folate: 330.12µg (82.53%), Vitamin C: 50.69mg (61.44%), Manganese: 1.09mg (54.45%), Fiber: 12.62g (50.47%), Vitamin K: 44.39µg (42.28%), Potassium: 1187.14mg (33.92%), Magnesium: 84.69mg (21.17%), Iron: 2.95mg (16.38%), Vitamin A: 796.38IU (15.93%), Phosphorus: 149.56mg (14.96%), Copper: 0.29mg (14.43%), Vitamin B6: 0.28mg (14.08%), Vitamin B2: 0.17mg (10.11%), Vitamin B1: 0.15mg (9.95%), Calcium: 89.19mg (8.92%), Zinc: 1.19mg (7.94%), Vitamin B5: 0.69mg (6.86%), Vitamin B3: 1.28mg (6.42%), Vitamin E: 0.85mg (5.63%), Selenium: 2.82µg (4.02%)